

Bondurant-Farrar High School

Cross Country



2022 Handbook



High School XC Staff

Head Coach: Erin Bone

Assistant Coaches:

Kate Schulz, Donovan Hill, Kyle Wagner

Athletic Trainer: Sarah Moss

XC Twitter: @BonduXC

Junior High XC Staff

Head Coach: Kelly Murley

Assistant Coach: Andrea Luetje

Athletic Trainer: Allison Klapperich

Activities Director: Ryan Sweeney

Activities Administrative Assistant: Jamie Wagner

Coach Communication: Coaches will regularly communicate with athletes at practice. In addition, an email will be sent out to athletes and parents/guardians weekly with pertinent XC information (e.g. practice schedule, meet information, team dinner information). The Remind App will be used to inform athletes of last minute changes and provide reminders. Twitter will be used to recognize athletes/teams and provide reminders about upcoming events.

Chain of Command: Per board policy we begin with addressing issues at the lowest most direct level possible, in this case athlete-coach. We are advocates for young people speaking for themselves and having tough conversations. If the athlete still feels questions are unanswered then the next step is to involve the parents with the athlete and coach(es). The next step is to add the AD, and then the principal. If there are immediate concerns about your child's well-being please contact the Activities Department at 515-957-8191.



Bondurant-Farrar Cross Country Expectations

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Practice

- Be there and be on time.
 - You should be ready to begin warmups at the stated start time.
 - When we have morning practices athletes need to arrive at the track at least 5 minutes before the start time.
- Appropriate practice apparel includes sports attire and running shoes.
 - Shirts must be worn in the school building (halls, weightroom, etc.).
 - Watches are encouraged, but not required
 - We run in ALMOST all weather so plan accordingly and always pack layers
- Do the little things and do them right (e.g. drills, strides, core, strength, etc). Don't cheat the Bluejays!
- Athletes need to check out with a coach before leaving practice.
- Communicate if you are going to be late or miss practice. We will work together to determine how you can still get in your workout.
- If you are sick, STAY HOME!
- Excused absences/tardies: school events, finishing a test or project (pre-arranged), college visits, internship orientation, funerals, weddings, physical therapy, illness, etc.
- Unexcused absences/tardies: work, haircut, dinner plans, concerts, etc.
- Unexcused absences are unacceptable
 - 1 Unexcused = conversation with coaches
 - 2 Unexcused = conversation with coaches and parents, potentially miss meet
 - 3 Unexcused = stay home from meet, possible dismissal from team



Competition

- All athletes (JV/V/B/G) race a 5k at every competition.
- If an athlete is injured or ineligible he/she is still required to attend meets and will serve as a manager until cleared to race.
- All athletes will help to set up and tear down team camp. Sometimes we will assign certain groups or individuals specific tasks (i.e. girls race first so boys will set up).
- All athletes will participate in warm ups with their team before their specific race. All athletes will participate in a cool down with their team after their race.
- When receiving team and individual awards at meets athletes are expected to wear Bondurant-Farrar apparel.
- When meets run Varsity and JV races separately athletes will be notified of their race no later than the day before the competition. However, in the event of illness or injury a JV runner may be moved to the Varsity race the day of the competition.
- All athletes will ride the bus to the meet. We encourage athletes to also ride the bus home, but if they want to ride with a parent they need to be signed out. The sign out sheet will be at team camp.
- No athlete should leave a meet until all races are complete (e.g. varsity, JV, girls, boys) and they have checked out with a coach.
**exception = Pella Meet Labor Day weekend you can leave after you cool down*
- Prior to a race, only athletes, coaches, and managers should be at the start line. It is not appropriate for parents to talk with their athlete while they are on the start line.

Lettering

In order to earn a varsity letter for cross country an athlete must meet **ALL 3** requirements:

1. Run a minimum of one varsity race
 - If JV and Varsity run together the top 7 runners from our team are considered varsity
2. Meet the time requirement in at least one race
 - Girls: Sub 25:00 (8:00 pace)
 - Boys: Sub 22:00 (6:45 pace)
3. End season in good standing

In the event of an injury or unique situation, a letter may be awarded based on the coach's discretion.

Academics

- We are STUDENT-athletes and your education is our number one priority!
- If you need to stay after school to get assistance from a teacher, let your coaches know and we will accommodate.
- If you need assistance with a specific content area, let your coaches know. We are here to help and so are your teammates! It is very likely that someone on the team is very knowledgeable in the content area.
- In terms of eligibility, we will follow both the state guidelines and the Bondurant-Farrar specific grade policy.
 - State→If you failed a class from last spring and did not participate in a summer sport you are ineligible for 30 days from the start of the season. You are still expected to practice, but cannot compete in meets during this time. You will attend meets and serve as a manager.
 - B-F →If you are failing a class at the mid-term grade check you are ineligible for 10 school days. If you are no longer failing after 10 school days, your eligibility is reinstated. You are still expected to practice, but cannot compete in meets during this time. You will attend meets and serve as a manager.

Behavior

- Always represent yourself, team, school, and community in a positive manner.
 - This includes social media and how you communicate with others
- All athletes are held to the Good Conduct rule outlined in the student handbook. Penalties for violating this policy will be issued as they are stated in the student handbook.
- Due to the amount of time cross country athletes spend without direct supervision, they are held to additional standards. Poor behavior, including the use of inappropriate language at school, practice, and/or meets is unacceptable.
 - Using inappropriate language or making inappropriate comments during practice or meets will result in “take a lap.”
 - Making derogatory comments toward teammates, coaches, and/or competitors is unacceptable and will result in suspension from practice and/or competition.
 - Any detention assigned for any reason must be served within one week of notification. Failure to serve detention time will result in missing practice and/or competition.
- If athletes display behavior that is not consistent with the expectations of the cross country program they may be subject to suspension from the team (including practices and meets), or even dismissal from the team.